

Industrial Hygienist Sean Keppta, right, of the Health, Safety and Environmental Compliance Office, displays personal protection equipment used around JSC to ensure employees are protected against hazardous conditions at last year's Safety Day.

JSC photo by Benny Benavides



# Safety Stand-down

## JSC employees to learn variety of safety, total health facts

All JSC employees will suspend normal activities Wednesday to learn more about safety and health issues that affect their jobs and home life.

While line managers have prepared a good portion of the day's activities to suit their employees, many will offer free time to explore a variety of booths, attend safety seminars, watch safety or health videos, tour the Emergency Operations Center, donate blood or participate in a fun run.

"We wanted to make this day engaging and informative for all employees," said Larry Neu, chairman of the Safety and Total Health Day planning committee. "By letting the line managers tailor their safety day and giving employees a multitude of free time activities from which to choose, everyone will benefit even more from this second annual stand-down day."

Employees may visit more than 50 booths around the center to learn about everything from coping with Alzheimer's to avoiding dangerous wildlife. Booths will be manned from 10 a.m.-3:30 p.m. to give employees time to see all the booths available. Experts from M.D. Anderson Cancer Center will be on hand to discuss cancer awareness. Employees will have the opportunity to have a free glaucoma, blood pressure and sugar screening and sign up to have their workstations analyzed to ensure good ergonomics. Sports medicine experts will be on hand, and several scuba diving booths will familiarize employees with safe diving practices. Local communities also will give employees information on their emergency plans and practices.

Lunch on Wednesday will feature a brown bag special in the Bldg. 3 JSC cafeteria that employees may take out and eat while listening to Max-Q perform near Bldg. 3.

The astronaut band will perform from 11:30 a.m.-1 p.m.

The cafeteria will feature five healthy lunches from which to choose. Employees are encouraged to call their orders in ahead at x34335 so their lunch is ready when they arrive at Bldg. 3.

During the day, employees will be able to give back to their community by donating blood from 7:30 a.m.-3:30 p.m. in Teague Auditorium.

Employees also will have the opportunity to visit the state-of-the-art Emergency Operations Center. Tours will be available from 9:30-11:30 a.m. and 1-2:30 p.m. Employees can view the new computer-aided dispatch system patterned after the new Mission Control and meet members of JSC's Emergency Response Team. Community participants also will be on hand to give employees information about their local community and how JSC works with communities in emergency situations.

To end the day, employees may participate in a fun run/walk at 3:30 p.m. at the Gilruth Center. Two routes will be mapped out for runners and walkers and all participants will receive a free commemorative T-shirt and be eligible for door prizes to be given away after the run. Employees who participate in the fun run will not be able to donate blood on Wednesday, so St. Luke's will make two additional trips to JSC to accommodate these individuals or others who wish to donate platelets or plasma. St. Luke's will accept employees by appointment only Tuesday and Thursday. Employees may call Dan Mangieri at x33003 to make an appointment.

"With so many things to do, each employee will find valuable information to enrich his or her life and make them safer, healthier and more productive," Neu said. □

### JSC TV Distribution System

Several channels on the JSC Television Distribution System are being preempted Wednesday so that specific videos may be presented.

#### Total Health Channel

On Site: Channel 21	Off Site: Channel 45
Understanding MSDS	8 a.m. noon
Chemical Hazards Refresher Course	8 a.m. 12:20 p.m.
Chemical Hygiene Standard	8:34 a.m. 12:34 p.m.
Incident at Building 13	8:46 a.m. 12:46 p.m.
Know your ABC's - Fire Extinguishers	9:12 a.m. 1:12 p.m.
Up in Smoke	9:19 a.m. 1:19 p.m.
On the Road (lifting)	9:23 a.m. 1:23 p.m.
Computer Ergonomics	9:45 a.m. 1:45 p.m.
Life Styles for Wellness	10:03 a.m. 2:03 p.m.
Giving Your Baby the Right Start	10:15 a.m. 2:15 p.m.
Early Childhood Safety	10:35 a.m. 2:35 p.m.
Eating Healthy for Kids	10:50 a.m. 2:51 p.m.
Osteoporosis	11:12 a.m. 3:13 p.m.
Eating Healthy for Heart Health	11:24 a.m. 3:24 p.m.

#### Safety Channel

On site: Channel 20	Off site: Channel 44
Actively Caring for Safety	8 a.m. noon
Chem-Safe Series	9:13 a.m. 1:13 p.m.
Office Safety - It's a Jungle Out There	10:07 a.m. 2:07 p.m.
Fire in the Workplace	10:33 a.m. 2:33 p.m.
A Case for Safety	10:59 a.m. 2:59 p.m.
NASA Safety Reporting System	11:14 a.m. 3:14 p.m.
JSC Emergency Response Plan	11:20 a.m. 3:20 p.m.

#### Seminar Channel

On site: Channel 5	Off site: Channel 43
Dr. David Short/ Cardiac Health and Fitness	9:45 a.m.
Trooper Steve Hargett/ Drug Use	10:25 a.m.
Bomb Recognition and Avoidance	11 a.m.
Alcohol-Related Incidents at Home	12:30 p.m.
Managing Workplace Pressures	1 p.m.
Trooper Steve Hargett/ Seat Belt Use	2:45 p.m.

